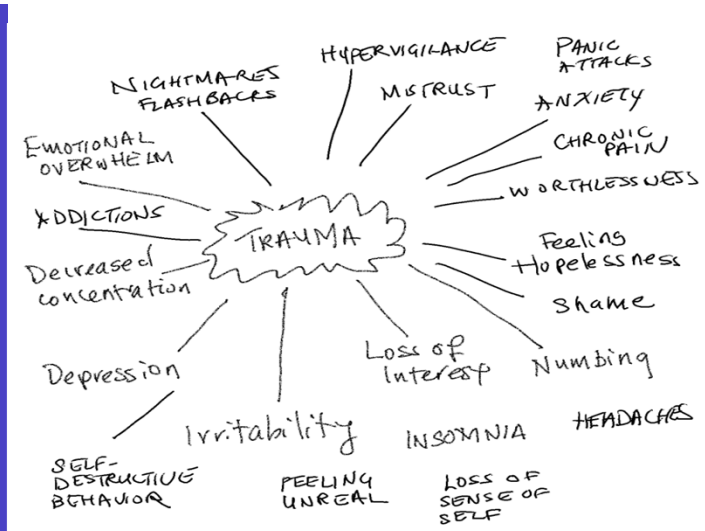
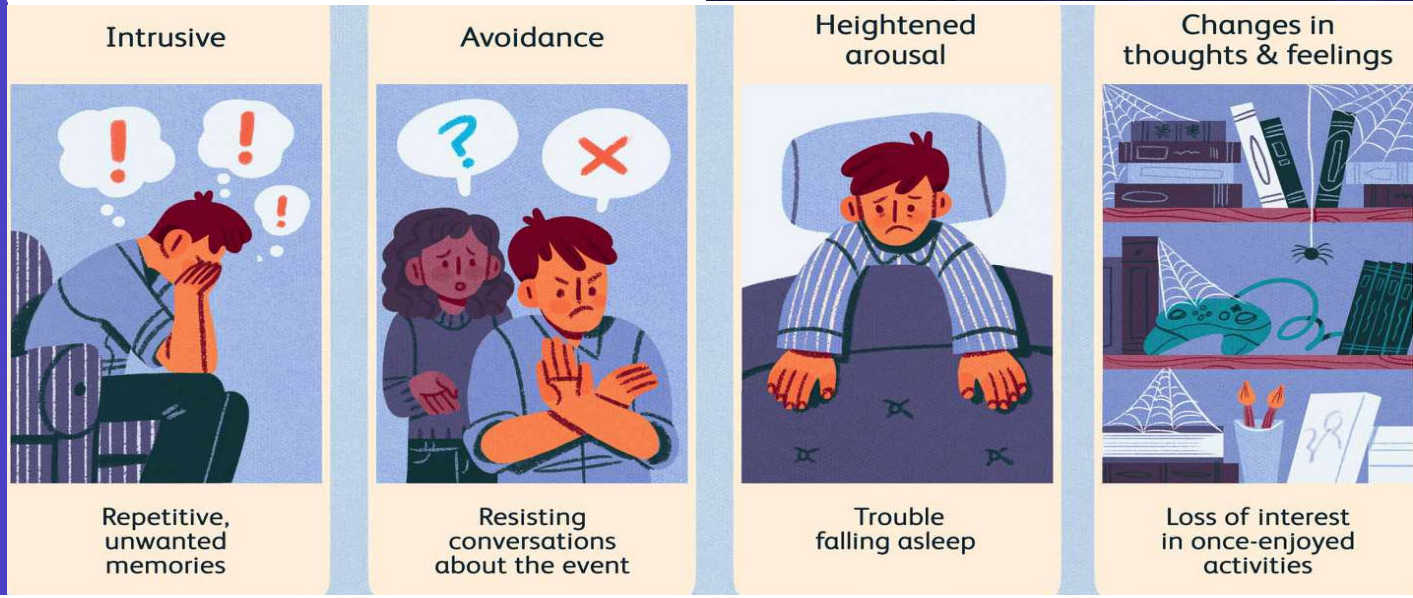
Have you noticed yourself...





Our marginalized colleague, rostered leaders, and community neighbors have the same challenges!

The Pair of ACEs

Ellis and Dietz (2017)

SIGNS AND SYMPTOMS OF TRAUMA

PRESCHOOL CHILDREN

- Fear of being separated from parent
- Crying, whimpering, screaming
- Immobility and/or aimless motion
- Trembling, excessive clinging, frightened facial expressions
- Regressed behaviors (thumb-sucking, bed-wetting, fear of darkness, etc...)
- Self-soothing (rocking, head-banging)

Resembles Attachment disorders, Autism/PDD

ELEMENTARY SCHOOL CHILDREN

- Extreme withdrawal
- Disruptive behavior
- Inability to pay attention
- Regressed behaviors
- Nightmares/sleep problems
- Irrational fears
- Irritability
- School refusal
- Anger outbursts
- Fighting
- Poor academic engagement
- Depression, anxiety, feelings of guilt, emotional numbing

Resembles Attachment disorders, ADHD, ODD, Autism/PDD, Depression, Bipolar, Psychosis

MIDDLE AND HIGH SCHOOL CHILDREN

- Flashbacks
- Nightmares/sleep problems
- Emotional numbing
- Avoidance of reminders
- Depression
- Substance abuse
- Anti-social behavior
- Withdrawal/isolation
- Physical complaints
- Suicidal ideation
- School problems
- Confusion
- Guilt

Resembles ADHD, ODD, Autism/PDD, Depression, Bipolar, Borderline, Psychosis

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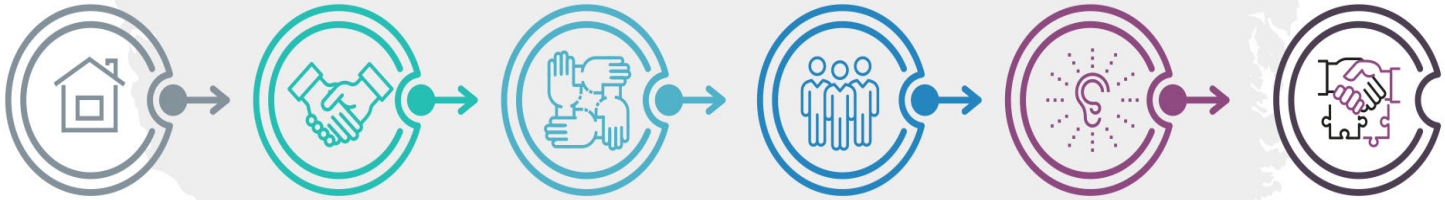
How can we use these in spaces, procedures & plans?

There is help!

6 GUIDING PRINCIPLES TO A TRAUMA-INFORMED APPROACH

The CDC's Center for Preparedness and Response (CPR), in collaboration with SAMHSA's National Center for Trauma-Informed Care (NCTIC), developed and led a new training for CPR employees about the role of trauma-informed care during public health emergencies. The training aimed to increase responder awareness of the impact that trauma can have in the communities where they work.

Participants learned SAMHSA'S six principles that guide a trauma-informed approach, including:



1. SAFETY
2. TRUSTWORTHINESS & TRANSPARENCY
3. PEER SUPPORT
4. COLLABORATION & MUTUALITY
5. EMPOWERMENT VOICE & CHOICE
6. CULTURAL, HISTORICAL, & GENDER ISSUES

Adopting a trauma-informed approach is not accomplished through any single particular technique or checklist. It requires constant attention, caring awareness, sensitivity, and possibly a cultural change at an organizational level. On-going internal organizational assessment and quality improvement, as well as engagement with community stakeholders, will help to imbed this approach which can be augmented with organizational development and practice improvement. The training provided by CPR and NCTIC was the first step for CDC to view emergency preparedness and response through a trauma-informed lens.

First off…H.A.L.T. and take a breath…

HUNGRY

ANGRY

LONELY

TIRED

… and use what's in your toolbox;
People, Places, Prayers & Things!

Cultivate strength and healing!

Resilience	Relaxation	Relationship	Release
Goals/Lists	Breathing	Self	Exercise
Timers/Calendars	Meditation	God	Sing
Spiritual Gifts	Mindfulness	Neighbors	Dance
Passions	Personal Rituals	Support Network	Body Prayer
Communal Rituals	Self-soothing		Activity
Gratitudes			